From Dr. Rebecca Smith-Coggins
Chair, Stanford Physician Wellness Committee

WELLMD CENTER FOSTERING RESEARCH AND COLLABORATION

With guidance and support from the WellMD Center, a wide range of Stanford researchers from medical students to full professors are prospectively researching topics to improve the lives of physicians and the delivery of healthcare.

In fact, our physicians and trainees will present 5 posters and 8 oral abstracts at the American Conference on Physician Health on October 12-13, 2017 in San Francisco. A blinded review committee selected these presentations. Research topics by Stanford contributors include a balance-in-life program for surgical residents; promotion of medical student sleep; medical student mental health; cognitive reframing in medical education; gender and burnout; interventions for burnout including self-compassion, mind-body skills training, and physician engagement groups; assessment of operating room culture; the impact of patient complaints on physician wellness; physician spirituality and moral distress; and the cost of physician turnover attributable to burnout.

In addition, the WellMD Center is helping to develop the growing Physician Wellness Academic Consortium to assess and promote physician wellness nationally by creating standardized measures of physician burnout and fulfillment, and by advocating for involvement of hospital administrators and department leaders. Stanford’s The Risk Authority (TRA) is the engine driving this consortium by providing administration, confidential data storage/analysis and report development. TRA has also been a strong supporter of our physician wellness committee and center by nationally promoting the concept that a reduction in physician burnout reduces risk and improves patient care.

We welcome our new Center Director, Dr. Tait Shanafelt, in September. In our next newsletter, he will share his vision for the Center.

Calendar:

For details of these and more events & classes, or CME wellness courses, see WellMD Calendar

8/2 Reduce College Application Stress
8/4 Stanford Jazz Workshop All-Star Jam
8/7 Partner Shiatsu for Hands and Feet
8/8 Travel Photography
8/9 How and Why Sex and Gender Matter to Health
8/9 Attending to the Most Important Instrument in the Practice of Medicine
8/9 Managing/Organizing your Email Inbox
8/10 Photoshop: Complexity Made Simple
8/13 Football Open House
8/14 Scarred for Life discussion series
8/16 Time Saving Tricks to Make Healthy Homemade Cooking a Breeze (webinar)
8/18 Healthy Snacks Made Simple!
8/26 Mindfulness Walking in Nature
8/29 Support Group Elder Care Issues
8/31 A Plant-Based Approach to Eating

News:

• PBS News – Dean Minor & EHR Frustrations
• Advice to New Interns from our IM Resident Dr. Ilana Yurkiewicz
• Women of Stanford: Neurosurgery
• Free weekly Art & Yoga all summer

Wednesday Night Writes
New monthly drop in writing workshop for Stanford Medical Community

Research:


“Burnout...is primarily driven by professional and healthcare system demands and inefficiencies such as excessive workload and role complexity, training and certification demands, inefficient compensation models and lack of resources, computerization, and loss of autonomy...loss of connectedness with patients, difficulties in balancing work and personal life and overvaluing compulsiveness and perfectionism...Burnout may be best mitigated by organizational strategies complemented by individual stress reduction...as a shared responsibility of healthcare systems and individuals committed in creating a new culture in medicine.